



Senior Community Center

68 Elm St
Amesbury, Ma 01913
978 388 8138
Fax 978 388 8144

Mon-Fri. 8-4pm
Available by appt. until 5p

www.amesburyma.gov

Director

Annmary I. Connor, LICSW
x540
connora@amesburyma.gov

Assist. Director/ACE Outreach

Doreen Brothers, MA, LSW
x546
brothersd@amesburyma.gov

N.E.E.T

Mary Jo Sullivan x 556

Volunteer Coordinator

Jeanne Marie x 543

Activities

Aide -Brandi Thompson
Aid-Cheryl Merrill

ACE/Greenleaf

Outreach - Vanessa Kahrman x544

Coordinator: Katrina Rioux

Assistant-Russell Darling

Nutrition Program: MOW

978 388 8138 ext 549

Jennifer, Site Manager

COA Board MTG 8/13 4:30p

FCOA Board MTG 8/20 3:00p

Mayor Ken Gray



Carriage Town Senior Newsletter July 2015

~Monthly Special Events~

- 7/7 Tues, 11am: Brown Bag pick up
- 7/7 Independent Workshop 10am: Sponsored by the All Care Resource Come and meet the staff-David Linehan, learn how to remain independent at home and enjoy some dessert. RSVP
- 7/13 Mon 11:20am Sponsored lunch: thank you Merrimack Valley Health Center. Come and meet the great staff! RSVP
- 7/13 9am Coffee with the Chiefs: Come and meet the Chiefs, Thank you Cider hill donuts for the treats! RSVP come and meet the new Fire Chief!
- 7/13 Ladies Guild—Holy Family Bingo 6pm All are welcome to attend.
- 7/14 9am, Simply Foot Care. Catherine Languedoc, RN , Cost \$30 pp, Apt start at 9am
- 7/16 Thurs, 11:20am Lunch. Noon Birthday Party
Thank you Merrimack Valley Health Ctr for \$20 gift raffle. & Stop n Shop, FCOA. Music: FCOA invites you to lunch. Please rsvp by 6/15 for lunch -if it is your birthday month and the FCOA will treat you to lunch.
- 7/21 Tues, 11:20am Sponsored lunch Thank you *Maplewood Center*. RSVP
- 7/22 Wed, 11:20am & Sponsored Lunch - Thank you *Country Rehab. Center*, Meet the great staff. Enjoy time together! RSVP
- 7/23 Thur, 8:30am legal clinic: Sign up for a FREE 15 minute consultation session with Margo Birke ESQ.
- New exercises classes starting Wednesday and Thursday, more information in the newsletter



RESPIRE FOR CAREGIVERS!

Amesbury has an Adult Social Day program called Green-leaf Supportive Day. Mon-Fri 9m-3pm. Private pay cost is \$37/day – Payment options are available if you are a client of Elder Services of the Merrimack Valley. Please call Vanessa Kahrman or Doreen Brothers at 978-388-8138 FOR MORE INFORMATION





Mayor Ken Gray

Happy July! Summer is finally here with the promise of some great weather! You can tell that summer is here because it's also time for our annual Amesbury Days celebration. We're planning a full calendar of events this year and I hope everyone will get out and enjoy them. There will be things to do for all ages, especially the kids, so bring your grandchildren!

The highlight of the celebration will be the annual fireworks display that will take place at dusk on Friday, July 3rd at Woodsom Farm. There will be plenty of food and music available beforehand. I hope you join us.

On Saturday the 4th, the previously annual "Pancakes in the Pines" breakfast will be held starting at 7am, immediately followed by an auction for the Bartlett museum.

July can be a very hot month, so please make sure you stay cool. Wear lightweight clothing and keep warm areas ventilated. When it gets really hot, try to remain indoors, drink cool, non-alcoholic, non-caffeinated beverages, and, of course, don't do anything strenuous. Use those air conditioners and fans, and if you need a place to go don't forget the Senior Center is air conditioned for your comfort. Make sure you check out the great programs being offered by Annmary and her team.



**Annmary I. Connor, LICSW
Council On Aging Director**

It seems as if time does not stand still, July is here and far away from the non-stop snow storms we had. Please try and stay cool and hydrated this summer. We are offering great new exercise classes in the evening to keep you active and out of the heat. We hope that you enjoy these great activities.

Do you have your grandchildren this summer? Check out the new spray park at the town park, a great way for everyone to cool off. We are looking forward to 8 interns starting in the fall. Keep in mind that many staff take summer vacations. It's best to call ahead to schedule an appointment rather than walking in. You can also email us with questions.

Our COA board has some new people in different positions. So we would like to thank Carol Casey as our past Chairperson for many years and welcome Gayle Yarnell as our current chair person.



Council On Aging Mission Statement

To advocate for older adults, to identify their needs, to meet their health, economic, social and cultural needs, to encourage maximum independence and to improve their quality of life.

Council on Aging Board

Gayle Yarnell- Chairperson
D. Kliggi Thomas- Vice Chair, Cynthia Costello- Secretary, Lee Ford –Treasure, Paul C. Rogers, Marcia Gilmore, Frankie Lalemand, Sue Ballard, Carol Casey, Teresa Axten, Andy Gilmore

Friends of the Council on Aging

We welcome members to join us at our meetings.

FCOA Officers

Betty Dion, President
John Jennell, Vice President
Jackie Storti, Secretary
Beverly Drew, Treasurer
Lois Pierce, Membership Secretary

Please Join the Friends!

Please note that annual membership run from July 1st-June 30th.

Memberships have price is \$6. What do you get for this! You support an amazing volunteer lead organization 2. you get discounts on ticketed item's \$1 off. See newsletter. Must show your fcoa card for discount price.

Summer time fitness

With Darlene

Wednesday : July 8 (no class July 15 and 22) – August 26 \$3 per class

Gentle/Moderate Yoga w/core strengthening w/Darlene - 6:15-7:15 pm

All levels. Modifications shown. Includes core strengthening. postures. Please bring a mat, towel, and water.

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**Thursday: July 9 – August 27 \$3 per class**

**Yoga for those 50+ w/Darlene – 3:15-4:15 pm.** A gentle class to encourage flexibility, strength, balance and relaxation. Modifications shown. Please bring a mat, towel, and water.

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Thursday: July 9 – August 27 \$3 per class, 5:45-6:45p

Boot Camp for those 50+ -w/Darlene - A combination of strength, cardio, flexibility, and core work. Modifications shown. Please bring a mat, towel, and water.

Kindly RSVP 978-388 8138

Ladies Guild-Holy Family parish

Bingo

July 13th 6-8p

Open to all



Senior

Lift

Airing on Channel 12

Sunday 8:00am Mondays 3:30pm

Wednesday 10:00am

Saturday 8:00am

Watch and join Doreen Brothers Assistant Director and Certified Personal Trainer with 2 local guests This exercise show airs 4 times a week. Watch and participate for better strength, flexibility and balance.

SENIOR LIFT DVD's AVAILABLE \$10 EACH!

Senior Lift is in its 4th year! We'd like to thank our many guests for having the courage to get in front of the camera. Thank you to our wonderful production crew also!

Volunteers Needed

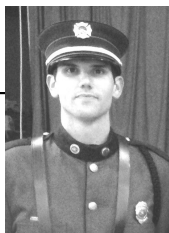
We are in search of :

- ◇ Receptionist
- ◇ Greeters
- ◇ Friendly visitors
- ◇ NEET drivers
- ◇ Tele check
- ◇ Greenleaf Supportive Day



If you have time, we will find a spot for you!

Call Jeanne Marie 978-388-8138. ESMV is seeking money management volunteers call Bea Stankard at 978-946-1462.



JEREMY BEAN: SENIOR S.A.F.E. COORDINATOR

With summer now in full swing here are a few reminders to keep you fire and fall safe throughout the season:

IF YOU SMOKE, SMOKE OUTSIDE.

Use deep, sturdy ashtrays: large glass ash trays seem to be the best, also take advantage butt cans available outside commercial and large residential buildings. Be sure you are aware of no smoking signs outside buildings as well, more and more public buildings and residential communities are becoming smoke free areas.

Wet cigarette butts and ashes before throwing them out: Even with the creation of “fireproof” cigarettes, they smolder for a period of time and can still lead to fire. Don’t allow too many cigarette butts to accumulate in your ash tray which can also lead to a fire.

Never smoke in bed: Still the leading cause of fire deaths among senior citizens, it is never a good idea to smoke in bed. Nearly half (46%) fatal home smoking-material fire victims were age 65 or older

Never smoke if medical oxygen is used in the home: There is no safe way to smoke in the home when oxygen is in use. No one should smoke in a home where a patient is using oxygen. Post “No Smoking” and “No Open Flames” signs in and outside the home to remind people not to smoke. Candles, matches, woodstoves, and even sparking toys can be ignition sources and should not be used in a home where medical oxygen is in use. Keep oxygen cylinders at least 5 feet (1.5 meters) from a heat source, open flames, or electrical devices. Body oil, hand lotion, and items containing oil and grease can easily ignite. Keep oil and grease away where oxygen is in use.

STOP, DROP AND ROLL.

If your clothes catch on fire: Stop (don’t run), Drop gently to the ground, and cover your face with your hands.

Roll over and over or back and forth to put out the fire. Use cool water for 3 to 5 minutes to cool a burn. Get medical help right away.

EXERCISE REGULARLY.

Exercise builds strength and improves your coordination and balance. Ask your doctor about the best physical exercise for you. Determine your current fitness level, set goals, make an exercise and physical activity plan, and talk with your doctor about increasing your physical activity level. Exercise safely, build up the benefits, and have fun!

IMPROVE LIGHTING OUTSIDE YOUR HOUSE.

Use night lights to light the path between your bedroom and bathroom. Having automatic night lights ensure you will not have to fumble around looking for a light switch in the middle of the night when making your way to the bathroom. Turn on the lights before using the stairs, a fall down stair, even one or two can be fatal. See an eye specialist once a year to ensure your vision is adequate enough to see obstructions or trip hazards.

We will be having our seasonal seminar in august to discuss these topics further as well as any other questions, concerns or general fire and fall safety discussions you may want to have. Look forward to seeing you all again soon, stay safe and enjoy the beautiful days of summer!

Elder Services Becomes the Administrator of the Merrimack Valley Nutrition Program

Elder Services of the Merrimack Valley is excited to announce that as of Wednesday, July 1st they will be the administrator of the Nutrition Program. With the change comes a new food provider, Lindley Food Service, which has been selected as the caterer. As the new administrator Elder Services aims to keep the program as whole as possible, welcoming current staff members and volunteers to join the program. Along with long standing employees and volunteers, a new Nutrition Director, Derek Anderson, has been hired to oversee the program.

Our focus is to provide great meals to elders through Lindley, supporting the staff to deliver excellent customer service and assisting our consumers with their needs! If you have any questions or concerns please, call us at 1-800-892-0890 and ask for the Nutrition Program Staff.

We would like to Thank **Attorney Faith Delaney** for her five years of dedication to the Amesbury COA. Attorney Delaney is moving onto other volunteer opportunities, she is available should you need an attorney, please contact her at 25 Kenoza Ave # 1, Haverhill, MA 01830, (978) 374-5898.

We have a **NEW** Attorney for Meet the Lawyer, Margot Birke. She is from Elder Law Solutions. Office phone: 978-465-5407. She will begin our programing on June 25th. MEET THE LAWYER/ LEGAL CLINIC: Thurs 1x month, 8:30am: FREE legal advice from a local attorney who works with senior citizens daily, specializes in Elder Law. Can meet with up to 4 senior citizens each month for 15 minute intervals to discuss legal problems they may have. Call the senior center to book your free 15 minute consultation July 23rd.

Attorney Margot G. Birke

Margot founded Elder Law Solutions to focus on the intricate legal and financial needs of older and disabled adults. She has extensive experience in Elder Law as an advocate, mediator, and volunteer. She speaks frequently at assisted living centers, geriatric centers, and councils on aging to empower the elder community by providing the information they need to make informed choices.

Margot is the Past-Chairman of the Advisory Council of Elder Services of the Merrimack Valley and a former state-certified Nursing Home Ombudsman. She is President-Elect of the Board of Directors of the Massachusetts Chapter of the National Academy of Elder Law Attorneys and Co-Chairman of their Program Committee. She is also a member of the Massachusetts and New York Bar Associations, and the Newburyport Chamber of Commerce.

Margot was also named the 2012 Member of the Year by the Massachusetts Chapter and received the 2014 President's Award for her dedication and commitment to The Chapter. She was selected for the honor among the chapter's 500-plus members at the annual meeting for her advocacy and commitment to raising awareness of legal issues affecting seniors.

Margot received her B.A. from Fordham College in New York, and her J.D., with academic honors, from Fordham University Law School. She is admitted to practice in both Massachusetts and New York.

<http://elderlaw-solutions.com/>

Prime Time Poets!

The Amesbury COA is hosting prime time poets the third Tuesday of every month as part of this new activity. This event is FREE and we welcome everyone. The event starts at 6pm.

July 21st: Jamie Mullen

August 18th: Muriel Angelil

September 15th: Susan LaFortune



Channel 12

Tuesdays 4:00pm Wednesdays 9:30am

Thursday 7:30pm Saturday 9:00am

Meet Annmary Connor, COA Director and the guest of the month.



Older American Month Recipients;
Carol Doherty & Mel Harris

Book Club line up for the year. Meet the second Tuesday of the month at 10am.

| | |
|------|----------------------------------|
| Aug | The Snow Child |
| Sept | Horse Boy... |
| Oct | The Forgotten Garden |
| Nov | the Vanishing Act of Esme lennox |
| Dec | Those Who Save Us |

Senior /older Adults Discounts!

Kohls – 15% off Wed's. 62+

Goodwill – 10% off 55+

Salvation Army Thrift Store 15-50% 55 +



June birthday party! Our Birthday Friends!

Memorials

Please consider making a tax deductible donation to assist the FRIENDS in raising funds to support programming , activities and services. In memory /honor of a loved one donations will receive acknowledgement in the COA monthly newsletter. Families will be notified of your generous contribution. Please make checks payable to: Friends of the Amesbury COA.

Please accept my donation of \$ _____

_____ in memory of _____ in honor of

Send letter to: _____

Donated by: _____

Thank you



| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|--|---|
| Greenleaf runs Monday-Thursday 10am-3pm | 1 Brown Bag 9:30 Busy needles 12:15 Bingo | 2 8:30—AMP! 9:30 Watercolor 10:00 Walking Group 12:30 Matter of Balance 2:00 Exercise | 3 8:30 Yoga 10:00 Zumba 1pm Bridge/Line Dancing | Happy 4th of July Closed |
| 7 9:00 Wii 10:00 Art w/Cara 11:20 <u>Cookout w/ Sen. Ives</u> <u>ice cream social</u> 12:00 Movie—We Bought a Zoo 1:00 Exercise | 8 9:00 Wii @ Merrimac 9:30 Busy Needles 10:00 Health Nurse 10:00 Page Turners 11:00 Hearing Clinic 12:15 Bingo | 9 9:30 Watercolor 10:00 Shine 10:00 Walking Group 1:00 Exercise | 10 8:30 Yoga 11:45 <u>Cones w/Chiefs</u> 10:00 Zumba 1:00 Bridge/Line Dancing 4:00 COA | 11 9:00 Men's Peer Group 9:00 Podiatry 9:30 Tai Chi 12:00 Game Time 1:00 Shopping |
| 14 9:00 Wii 10:00 Art w/Cara 12:00 Movie—The Perfect Game 1:00 Exercise | 15 <u>Sponsored Lunch : Maplewood Rehab</u> 9:30 Busy needles 10:00 Health nurse 12:15 Bingo 4:00 Monthly Dinner | 16 9:30 Watercolor 10:00 Shine/ Walking Group 1:00 Exercise | 17 8:30 Yoga 10:00 Zumba 12:00 <u>Birthday party</u> 1pm Bridge/Line Dancing | 18 9:00 Men's Group 9:30 Intergenerational Bingo 12:00 Game Time 1:00 Shopping |
| 21 9:00 Wii 10:00 Art w/Cara 12:00 Movie— Dolphin Tale 100 Exercise | 22 9:30 Busy needles 10:00 Health Nurse 10:00 Senior Whole Health 10:00 Health nurse 12:15 Bingo | 23 <u>Sponsored Lunch : Country</u> 9:30 Watercolor/10:00 walk 10:00 SHINE 1:00 Exercise | 24 8:30 Legal Clinic/Yoga 10:00 Zumba 1pm Bridge/Line Dancing 1:00 Ace Support group | 25 9:00 Men's Peer Group 9:30 Tai Chi 12:00 Game time 1:00 Shopping |
| 28 9:00 Wii 10:00 Art w/Cara 12:00 Movie— Won't Back Down (descriptive) | 29 9:30 Busy needles 12:15 Bingo 5:00 ACE Dinner | 30 9:00 <u>Coffee w/Commissioner</u> 9:30 Watercolor/10:00 walk 1:00 Exercise | 31 8:30 Yoga 10:00 Zumba 1pm Bridge/Line Dancing | 8/1 9:00 Men's Peer Group 9:30 Tai Chi 12:00 Game time 1:00 Shopping |

July 2014



| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|---|--|
| LINDLEY FOOD SERVICE ESMV JULY 2015 | | | | |
| 6 Peach Glazed Chicken Carrots Broccoli Wheat Roll Apple | 7 Turkey Salad Potato Salad Kidney Bean & Chick Pea Salad Soft Sandwich bun Sliced Peaches | 8 Stuffed Shells w/ marinara sauce Sautéed Spinach Rye Bread Seasonal Fresh Fruit | 9 Pineapple Glazed Pork Chops Mashed Sweet Potatoes Harvard Beets Wheat Bread Seasonal Fresh Fruit | 10 Potato Crusted Fish Roasted Red Garlic Potatoes Broccoli Natural Grain Bread Fruit Cocktail |
| 13 American Chop Suey Peas Harvard Beets Flaxseed Bread Sliced Pears | 14 Sliced Turkey Breast w/ White cheddar cheese over salad greens Marinated Four-Bean Salad Soft Sandwich Bun Lemon Cookie | 15 Macaroni and Cheese with Crumb Topping on the side Broccoli Honey Wheat Roll Raisins | 16 HAPPY BIRTHDAY Baked Chicken Thigh with Au Jus Sauce Sliced Red Bliss Potatoes Peas and Onions Oatmeal Bread Chocolate Cake with Icing | 17 Vegetable Lasagna with Vegetable Cream Sauce Succotash Whole Wheat Bread Seasonal Fresh Fruit |
| 20 Gravy Sliced Pork Roast w/ Baked Sweet Potatoes Steamed Red Cabbage Honey Wheat roll Cinnamon Apple Slices | 21 sauce Potatoes Chicken w/ lemon Red Bliss Mashed Peas & Carrots Whole Wheat Bread Seasonal Fresh Fruit | 22 Turkey Chili over Rice Mixed Vegetables Corn Muffin Pumpkin Chip Cookie | 23 Mediterranean Meatloaf w/ Gravy Sautéed Spinach Mashed Cauliflower Dinner Roll Lemon Pudding | 24 Seafood Newburg over Rice Tomatoes, Zucchini & Summer Squash Flaxseed Bread Pears |
| 27 Shepherd's Pie w/Gravy Harvard Beets Honey Wheat Roll Fresh Orange | 28 Breaded Chicken Patty Baked Beans White and Yellow Corn Soft Sandwich Bun Melon | 29 Stuffed Pepper Casserole Peas And Carrots Natural Grain Bread Diced Pears | 30 MONTHLY SPECIAL Roasted Pork Loin With Apple Cider Gravy Mashed Sweet Potatoes Broccoli WW Dinner Roll Ambrosia | 31 Alaskan Pollock Piactta w/ onions Green Beans Italian Herbed WW Bread Mixed Berry Fruit Crisp |



Amesbury Caregiver Essentials (ACE) is **FREE** to all Amesbury residents. It provides caregivers with the resources needed to manage the stress associated with caring for a loved one through case management, education and social and emotional support. Support groups are **FREE** to anyone regardless of township.

July Activities

July 20th ~ **Avita** ~

4 Wallace Bashaw Junior Way, Newburyport, MA.

4:30PM ~ Support Group with on site respite at **AVITA**

5:30pm- ACE Dinner - Sponsored by **AVITA**

July 23rd ~ Amesbury Senior Center ~ 68 Elm St., Amesbury, MA.

1PM ~ Speaker ~ Robert Kaplan from OK 2 Age @ Home

2PM ~ Support Group with on site respite at Senior Center

MUST SIGN UP IN ADVANCE!

REMINDER: Amesbury support group offers respite care. You will be able to attend the support group while feeling confident that your loved one is safe participating in the Greenleaf Supportive Day Program here at our Senior Center. Please allow us a two day notice for members to join Greenleaf.



The COA is collecting box tops for Amesbury Elementary School (AES). Please clip these the coupons and bring them into the lobby of the senior center. We will collect them and bring them to AES to help support activities for our children!



Memorials

In loving memory of

Donald Brown

Lovingly,
Dolly Brown



In Loving Memory of

Ray & Libby Dostie
On their Anniversary Day

Lovingly
Dianne Dostie Cole



In loving Memory

Jack Emerson
Warmly,
Michael & Karin Millnamow



Trips sponsored by the Friends of the COA are open to all age groups. Please contact the Amesbury COA 978-388-8138 for further information and to sign up for trips. **Once the trip/tour has been finalized the tickets are non-refundable.**

July 5 – Sunday Brunch/Jazz Cruise – Enjoy Sunday Brunch with live Jazz on board the Beauport Princess, Gloucester, MA. \$89pp payable to Tye's Tours.

July 10–14 – Finger Lakes Wine Festival, Watkins Glen, NY – Includes 2 day Admission to Wine Festival, Seneca Lake Cruise; lunch at Belhurst Castle, visit to Watkins Glen State Park. \$499pp/dbl; \$649 sgl to Tye's Tours.

July 11 – Coastal Maine Botanical Gardens – Spend the day at Boothbay, ME exploring these beautiful 270 acre gardens; includes 1 hour docent led tour; picnic lunch (salad, sandwich, fruit, etc.) **Optional cruise on Sheepscot River \$25pp**; visit to Boothbay Harbor. \$79pp payable to Groups, Inc.

July 26 – Portsmouth and Gundalow Boat Cruise – Includes cruise along the Piscataqua River; lunch at British Beer Works, (order off menu); visits to Stonewall Kitchen & When Pig's Fly Bread Co. \$89pp to Tye's Tours.

August 5 – “La Cage Aux Folles” at Arundel Barn Playhouse – Arundel, Me: includes lunch at Clay Hill Farm, choice of Broiled Haddock or Chicken Piccata. \$95pp payable to Royal Tours.

August 6 – Eagle Island, ME – Visit the retirement home of Polar explorer Adm. Robert Peary. Tour the house, museum and gardens; explore island trails; includes transportation, lunch at Cooks Lobster House on Bailey Island and cruise to Eagle Island. \$99 payable to Tye's Tours.

August 12 – Double Lobster Bake Kennebunkport, ME – Tour of scenic Kennebunkport, followed by a Double Lobster Bake. \$84pp payable to Royal Tours

August 25 – A Day in Wolfboro, NH – Featuring the Wright Museum, includes lunch and time to visit the shops of this quaint New England town. \$79pp payable to Royal Tours.

September 2-8 – Nova Scotia & Prince Edward Island – 7 Days, 10 Meals. Highlights include Lunenburg, Peggy's Cove, Halifax and Prince Edward Island; New Brunswick; Duty Free Shopping. \$1637pp/dbl; \$2217 single; \$1567 triple. **\$250 deposit due on sign up Payable to Tours of Distinction. Final payment due July 2.**

September 13 – Fresians of Majesty, Townshend, VT – Includes equestrian tour and performance at the Majestic Fresian Horse farm; lunch at New England House Restaurant, Brattleboro, VT (Herb Crusted White Fish, Peach Glazed Chicken Breast or Maple Barbecue Pork Loin); \$92pp payable to Groups, Inc.

September 22 – The Beach Boys Tribute Show @ Venus de Milo, Swansea, MA – Featuring the group “Still Surfin” performing the Beach Boys' greatest hits. Includes lunch choice of Baked Chicken or Baked Schrod). \$85pp to Best of Times.

October 6 – Squam Lake Science Center & Cruise – Visit Science Center for a presentation on NH Wildlife followed by Fall foliage cruise of Squam Lake by pontoon boat. Boxed lunch included. \$99pp payable to Tye's Tours.

October 12 – 15 – Penn Dutch Country – Includes tour of Amish Lancaster; performance of “Joseph” at the Millennium Theater; tour of Historic Philadelphia; Casino Gaming/Meal Pkg.; 2 nights Lancaster/1 night Atlantic City; 3 Breakfasts/2 Dinners. \$399pp/dbl; \$505 single payable to Diamond Tours. **\$75 deposit due on sign up; final payment due 8/5.**

October 21 – Italian Festival @ Danversport Yacht Club – Featuring Frank Zarba and Ray Cavicchio singing the music of Italy. Self Drive, \$59pp payable to Best of Times.

October 22-30 - Canyon Country - Highlights include: Oak Creek Canyon, Kaibab National Forest, Grand Canyon, Lake Powell, Monument Valley, Bryce Canyon National Park, Zion National Park, Las Vegas. 9 Days (12 Meals); \$2879pp/dbl; \$3529 single; \$2849 triple. **\$250pp deposit due on sign up payable to Collette.**

November 12 – Tribute to Barbra & Frank @ Venus de Milo, Swansea, MA – The Concert that Never Was; includes transportation, Lunch and Show. \$89pp payable to Best of Times.

December 1 – “A Christmas Carol” @ The Norwood Theater – Join us for a special performance of this timeless classic. Includes lunch and transportation. \$89pp payable to Best of Times.

December 6–7 –Foxwoods/NYC Rockettes – Includes *Mohegan Sun* and overnight at *Foxwoods*. Orchestra Seats for Radio City Christmas Spectacular; Shopping Time in NYC. \$329pp/dbl, \$399 sgl payable to Tye's Tours.



Officer Thomas Hanshaw

Senior Crime Prevention Tips

When you need help during an emergency, a quick response from first responders is critical. In 1996, our area received the enhanced 911 telephone service, which has been used quite a few times since. Some emergencies are easy to identify, while other situations may not be as clear. Should you find yourself wondering about calling 911, don't hesitate or worry about making a mistake. Although we ask you don't use 911 for routine or business calls to the Fire or Police Station, the service is available 24/7 if needed.

Determining if you should call 911 is easy; just remember these three steps:

1. AMBULANCE- if you or someone else needs an ambulance to get to the hospital, please CALL 911.
2. FIRE- if there is a fire or you suspect you need a response from the fire department immediately, please CALL 911.
3. POLICE- if you need an immediate response from police to handle a disturbance stop a crime or witness an incident of suspicious activity, please CALL 911.

For routine calls, please use the business numbers for both departments:

POLICE- 978-388-1212 FIRE- 978-388-1616

Since these numbers are business lines, you may receive a busy signal; be patient and try again.

All calls, business and emergency are now answered by the Regional Communications Center in Middleton, so be aware your call is no longer being answered by a dispatcher on School Street. Emergency personnel are available in the City 24/7; if you need use, please do not hesitate to call for help.

Newsletters are distributed throughout the community for your convenience to pick up for free. Newsletters can be picked up at the senior center, Vermettes grocery store, Town hall, Amesbury Health Center, Stop & shop, Rite aid CVS, Amesbury Public Library. Newsletters are distributed each month the three senior housing complexes. Newsletters can also be emailed.

FRIENDS OF THE COUNCIL ON AGING (FCOA)

If you desire to become a member or want to renew, please complete the application below and mail with \$6.00 per person for the year (Friends fiscal year runs from July 1 to June 30). To have the Carriage Town Senior Newsletter mailed to your home is an extra \$8.00 per year. **The FCOA supports all the activities at the senior center— be a member!- No age restriction!**

NAME: _____ **TELEPHONE:** _____

ADDRESS: _____

Fill in amount included: **FRIENDS \$6** _____

NEWSLETTER \$8 _____

Total Enclosed \$ _____

Please mail check to: Friends of the Amesbury Council on Aging (FCOA), 68 Elm Street, Amesbury, MA 01913 or hand to the receptionist on the second floor

SENIOR FARMER'S MARKET COUPON DISTRIBUTION

Summer is here, and that means there's plenty of fresh produce available at Farmer's Markets across the Merrimack Valley! Good nutrition is important throughout our lives, and helps to promote healthy living and healthy aging.

The Senior Farmer's Market Nutrition Program offers a limited supply of \$25 coupons to adults aged 60 and older who meet certain income guidelines, to buy produce at their nearby Farmer's Market Newburyport. The coupons are available through Elder Services of the Merrimack Valley's Nutrition Program and distributed by Senior Centers in: Billerica, Dracut, Haverhill, Lawrence, Lowell, Methuen and Newburyport. Most of you come to Newburyport for these coupons. If you live in a city/town that does not have a distribution site, you can go to any one of the 7 distribution sites, as long as you live in the Merrimack Valley. However, if you live in one of the 7 cities with a distribution site, you **MUST** get your coupons from the city/town where you live. **THIS YEAR, ALL FARMER'S MARKET COUPONS WILL BE DISTRIBUTED ON WEDNESDAY, AUGUST 5, 2015, 9am .** As always, coupons will be handed out on a first come, first served basis, until they are gone. **PLEASE** make sure you can get to a Farmer's Market and use your coupons! Unused coupons could mean we receive fewer coupons next year.

ALL YOU NEED TO BRING WITH YOU IS PROOF OF WHERE YOU LIVE. This can be a phone bill, electric bill, etc., that shows your name and address. **YOU ALSO WILL NEED TO SIGN A STATEMENT THAT SAYS YOU ARE 60 YEARS OF AGE OR OLDER, LIVE IN THE MERRIMACK VALLEY, AND THAT YOUR INCOME IS NOT HIGHER THAN ONE OF THESE LEVELS:**

- 1 Person Household: \$21,774.50/year or \$1,814.54/month
- 2 Person Household: \$29,470.50/year or \$2,455.88/month
- 3 Person Household: \$37,166.55/year or \$3,097.21/month
- 4 Person Household: \$44,862.50/year or \$3,738.54/month
- 5 Person Household: \$52,558.50/year or \$4,379.88/month
- 6 Person Household: \$60,254.50/year or \$5,021.21/month

Sunday August 2nd

Come celebrate with Janice Martel and see and hear one of the most amazing organs in the world at the Methuen Memorial Music Hall. Sunday August 2 at Noon time the bus will leave Amesbury. This event will cost only \$5 which includes luxury motor coach to and from Methuen, the concert and refreshments. Tickets on sale at the Amesbury COA.

All proceeds are being evenly distributed between People's United Church of Newburyport and Salisbury C.O.A. For more information please call Paula at 978 499-4466.

Farmers Table

Drop off your abundance of fresh veggies, herbs, fruit... for those who enter the senior Community Center to enjoy. The table is in the lobby for anyone to use. We hope that you brings us extra and those of you who are here take that which you will use.



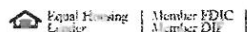


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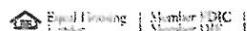


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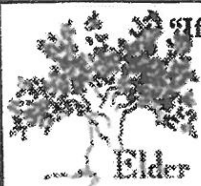
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